

SHINZEN SHIMBUN

Spring 1998



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From the President

Shihan, kengo, kenshi, hashi, grand supreme vizier pooh-bah what are the meanings and do they have relevance to the Kyokai? The answer to that question is both yes and no. Every organization tends to adopt a methodology of ranking which satisfies its particular needs while keeping the following in mind: any ranking system should reflect a common standard so that those groups outside the organization understand the nomenclature.

The following system of ranking and titles has been put into effect and is used by the Kyokai.

Mudansha under black belts

10 kyu	white	5 kyu	green
9 kyu	white/striped	4 kyu	green advanced
8 kyu	yellow	3 kyu	purple
7 kyu	orange	2 kyu	brown
6 kyu	blue	1 kyu	brown advanced

A few of the schools that have large children populations have adopted a slightly different belt system by utilizing a belt with a black or white stripe down the center (we recommend a black stripe). However, the order of the kyu/color remains the same.

Yudansha black belts

As with the mudansha, there are ten levels called dans. When one looks at the concept of rank and title or honorific, we are required to quickly understand that rank and title are two separate entities. Of extreme importance is the understanding that titles are not automatically awarded with rank. All yudansha wear the black belt. Ceremonial belts are just that, ceremonial and are worn only during special occasions. Shodan through godan are based upon technical skill, while rokudan and over are honorary titles based upon age, accomplishments, dedication, writing, longevity, contribution and teaching with the minimum age of a rokudan being 40 years of age.

Kohai (shodan-ho) junior black belt (under 16 years of age)

Shodan 1st degree black belt Rokudan 6th degree black belt

Nidan 2nd degree black belt Shichidan (Nana) 7th degree black belt

Sandan 3rd degree black belt Hachidan 8th degree black belt

Shidan (Yon) 4th degree black belt Kyudan (Ku) 9th degree black belt

Godan 5th degree black belt Judan 10th degree black belt

Belt Colors Ceremonial

Kohai (shodan-ho) black/brown panels

Shodan black Rokudan red/white panels

Nidan black Shichidan red/white panels*

Sandan Tri-color (black, white, red) Hachidan red/white panels*

Yondan Tri-color Kudan red

Godan Red/black panels Judan red

*The red panels are larger than the white as the rank progress.

Stitching on the solid black belt.

Shodan Yondan gold

Godan Judan red/black

Titles

Requirements

Title Meaning Rank Age Suggested Years of Practice

Sensei - one who came before, sandan 25 10

the instructor

Tashi -the helper yondan 30 15

Renshi -the polisher godan 35 20

rokyudan 40 25

Kyoshi - the teacher shichidan 45 30

hachidan 50 35

Hanshi -the master teacher kyudan 55 min . 40 min. judan 60 min. 50 min.

The title of Sensei is an honorable one and can be used at all advanced levels.

Shihan is a very special title used for the chief instructors of yondan or higher with twenty years of experience and covers a broad range of higher ranks and age.

The growth and the strength of the Kyokai have been in its ability to bring together many of the schools of Shorinjiryu. In order to maintain the credibility and worldwide respect already achieved we have decided to formally make known these prerequisites and standards. We understand that there are certain individuals whose martial prowess, acumen, knowledge and concomitant with highly proficient pedagogical skills may be the exception to these standards. In each case, a careful examination of the circumstances will be made

Please understand that the Kyokai respects the individual ranks and titles of its members. We also understand that there are exceptions to the aforementioned guidelines. Those gifted individuals should not and will not be overlooked. The Kyokai, also, understands that individual instructors may have one rank and title within their own school and another within the Kyokai.

Kyoshi Myron M. Lubitsch

****Coming Events****

June 20, 1998 2nd In-house Brooklyn, N.Y.

October 11, 1998 Twelfth Annual International Shinzen Shiai, Queens, N.Y.

From the Editor:

We have an interesting issue, with articles by Peter Hiltz, John Mirrione, Sr., Al Hergenhan, and an interesting letter to the editor from Tim Richardson.

Regarding bo regulations, which you'll find near the back of this newsletter, teaching at a local community center, some of the students are from needy families and the township does not have a lot of money to spare on a Karate program. I found that I could go to the Home Depot and get top quality dowel in

just the right thickness and hardness for about two dollars a foot. Now it may not be fancy, but a \$12 bo is better than no bo! Ed.

Welcome Renshi Manny Hawthorne

The Shinzen Association is pleased to welcome a new member, Renshi Manny Hawthorne of Shorinjiryu Kenshin.

Renshi Hawthorne has been studying Shorinjiryu since 1970. He has for the last five years been adapting Shorinjiryu into an art form similar to that of TAI CHI. Renshi writes "let me extend my best wishes to everyone within the SHORINJIRYU family, and I offer my commitment for up-holding the prestigious character and honor of our respected style of Karatedo. If at any time I can offer my assistance please feel free to give me a call."

Renshi Hawthorne can be reached at:

Renshi Manny Hawthorne
Shorinjiryu Karate-Do School of Kenshin
195 Southcrest Drive
London, Ontario N6J 1M8

LETTER FROM...

The following letter from **Tim Richardson**, ni-dan, Toronto, Canada is in response to the article in the last newsletter "Where Have All the Sempai Gone?" by Shihan Tom Carmelengo.

Dear Editor I was promoted to ni-dan directly by Hisataka Masayuki, in Tokyo, in 1984 after "participating with distinction" in the 3rd All-Japan Koshiki Championships in 1984.

I came back to my home dojo at Queen's University in Kingston, Ontario, Canada and served there as head Sensei until leaving for a job in international business in Ottawa.

I suspect that Some of the reasons for the departure of many 1kyu ~ 2nd dans is as follows :

1. **Politics:** Upon getting into the lower black belt ranks in the Shorinjiryu Kenkokan family one is struck by the incredibly fragmented federation and this is very discouraging. Previously, as a 2nd or 3rd kyu you only deal with your own dojo head Sensei - but then when you make the jump up to the next level, things get complicated and many people get pissed off and leave. I did. I moved to Judo, which has Olympic rules

- and international standards and enjoyed many years of participation.
2. **Marriage and family.** I received my first dan promotion at the end of my university years, the same month I proposed to my wife. Many people receive shodan in early or mid-20's, which is the same time you get married and have children. The next 5~8 years are a blur of small children, overworking at jobs etc. and budo took a back seat to the priorities of being a young father and husband. Many of my fellow budo-bums who I knew in Tokyo in the early 1980's did the same thing, as soon as they returned to Canada, Australia or USA, they taught for a year or 2 or 3, but then got bogged down with small families.
 3. **Other things.** Karate is not my life (sorry Hisataka Masayuki). Karate is a strong interest and I'll always respect karateka, but I am also an accomplished photographer, soccer player, father, professor, business person etc. Karate does not dominate my life. Some of the things I learned in karate certainly contribute to my life e.g. perseverance, hard training etc. but you can also get those values if you are an accomplished athlete in any sport. I have never "used karate" in a street fight - but sometimes when I give a lecture I control my breathing so my speech is smooth and unhurried. I have never had to defend myself from an attacker, but when travelling in parts of South
 4. America I was a bit more relaxed than some nervous foreign businessmen about the ability to beat off a mugger.
 5. **Karate in the kenkokan community is tough.** (and it should be - let's keep the standards high) Kenkokan karate is tougher than most all other styles. Many people by the time they get to brown or shodan have sustained injuries to knees, wrists or knuckles which cause one to take time off - this often can turn out to be a month or more then it is hard to get back into it.

Karate is great - and it did a lot for me in the early 1980's by giving me a reason to go and live in Japan, and learn Japanese language and business practices - which I subsequently parlayed into a business career. But I could just have easily gone to Japan to study flower arranging and got the same cultural/business experience. I'm now 39, my children don't require so much time and I look forward to getting back in to regular dojo training. I welcome comments from other karateka in their 30's and 40's who want to again step back into the dojo after a period away.

I hope my comments are helpful and feel free to clip and paste any in your newsletter if you wish.

Respectfully,
Tim Richardson

PS. I have also worked with Japanese since 1983 and am former Executive Director of the Canada-Japan Trade Council and was on the Japan desk at

Dept. of External Affairs - so dealing with the Japanese over a long period of time has seen good points and bad points.

Note: Been there, done that your 55 year old single parent of 3 editor.

Shiai Safety **Shihan John A. Mirrione, Sr.**

For some time we have prohibited the use of plastic/leather, thick padded hand and foot protective gear in shiai matches (kick boxing type gear). It is commonly known that when this type of protection makes reasonable contact with the bogu, it results in a superficial, loud noise sometimes misinterpreted by a judge to be a point.

We have allowed the use of soft, white, padded hand and foot protection as a viable alternative. This type of protection, however, is not preferred by all because when contact to the bogu is made the resulting sound is muffled.

The only exception in allowing the thick, plastic protection is in a case where an injury needs maximum protection and the protected area is never used as an offensive weapon. In my opinion, this ruling is sound and just.

We have come along way from the early days when bare hands and feet struck full contact to Kendo armor in Kenkokan Karatedo.

Towards Improvement **By Tashi Peter M. Hiltz**

no naka no kawazu taikai wo shirazu - A frog in a well doesn't know the ocean - is an interesting beginning to the discussion of improvement. The proverb is an encouragement to get a wider perspective on things. How often do we focus on something, typically outside of our control, and spend lots of time and energy attempting to fix or change it? How often is it productive?

Critical to keeping things in perspective is feedback. Simply put, feedback is the process of getting other perspectives or opinions on what one does. We deal with feedback all the time. Driving is an experience full of feedback. If you go too slow you increase speed by pressing the gas pedal and if you go too fast you release the gas pedal. Any process or journey is unproductive without feedback. How useful is a car that never changes speed? How would you even get in? Even your reading of this is an example of feedback. When you reach the end of a line, you go to the next line. If you didn't interpret the end of the line, you would just read off the page. And reading your coffee is not as productive as this article!

Feedback is present everywhere and we are all less efficient, and maybe even self destructive, if we don't heed it. In my position as head of my Dojo, I have the authority to act as I wish, teach as I wish, and drive the club in the directions I chose. And yet, no matter how sure I am of a decision, I always solicit feedback from the Senior members of the Dojo. Even if I am the undisputed leader, and know for a fact that I am absolutely correct, I still ask. I ask because they have that most important of things: a different perspective. I treat each comment or suggestion, from "That will never work!" to "That's a great idea!" the same. I consider it and ask why they hold that opinion. Even if I were the font of all knowledge, they know and see things I cannot. Sometimes it is a little suggestion or change. Other times it causes me to abandon a decision completely. The common denominator is that by listening to others, things get done the best way they can. The decisions are the wisest we can make. Feedback keeps the decisions sane.

Sometimes feedback is hard to take or doesn't make Sensei. For example, I remember worrying over student's gis. I wanted them to get gis, but

forcing them to buy gis was against the club's philosophy of keeping costs low. Some one suggested I just ignore the issue, and award the belts anyway. I was told the students would want to buy gis anyway, and that awarding belts even if they didn't have a gi would motivate them to buy one. This didn't make Sensei to me. And yet, almost every student gets a gi within weeks of starting classes. Another example of the profit of listening to feedback is my PeeWee classes. They are highly successful (so successful I had to open another class) but they were not my idea and I initially resisted.

Feedback can be hard to take. To be told you are not traveling the right path can be a painful blow to the ego. We need to swallow our egos (isn't humility something we are taught in the Martial Arts?) and realize that it is not the individual things that make a leader, but the success of the group in reaching it's goals. Sometimes that means hearing that we are incorrect in things. Sometimes it means hearing painful things. If your goal is to improve your martial arts and organizations, then you owe it to yourself and your organization to ignore personal feelings and do what is best for the group. Lots of times figuring out what is best requires all the group's leadership, not just the top guy.

When a subordinate tells me I'm wrong about something, even if I am sure I'm not, I still listen. And I don't let my being wrong, or their being right, effect my self esteem. I'm not in this to be right or to be superior. I'm in it to build the best martial arts Dojo I can. I could be the stupidest person in the style, but if I build my school well, then that is where my pride comes from. The Captain cannot row, steer, navigate, cook, and paint the boat. He or she relies on others to do it for him or her. The Captain does not get upset that he or she cannot navigate or does not have a clue how to cook. The Captain lets others have pride in specifics, and rewards them for those specifics. The Captain's gratification and pride are subtle, and come from the often unacknowledged work of leadership. Seeking pride and self gratification tends to close the Captain to the important suggestions needed to be successful.

We all need to put our individual egos away and listen to the feedback that will let us do the best for our groups and martial arts.

An Open Letter Renshi Al Hergenhan

I missed the Shinzen annual tournament last year. I had intended to go, but had to be with my friend, Peter Murray. Peter was dying everyone around him knew it, and no one could do anything about it. A few days before the tournament Peter took a turn for the worse. He stopped eating and drinking, and we all thought he would die within the next few days over the tournament weekend. He had been talking about going to the event himself only a month before. We all knew this was quite impossible given his weakened condition. But Peter talked about it as if it were a certainty. But now he wasn't talking at all. He hardly even opened his eyes anymore. So I came to visit my friend one last time, on the day the tournament was scheduled to take place. He was nearly comatose, only coming around for brief periods. On the wall in front of him was his karate diploma and awards. I sat with him, talking to him and pretending to myself that he could hear me. In the adjoining room many people had gathered. There was much soft weeping in anticipation of losing our dear friend.

Then I spotted his bo staff on the floor I casually picked it up. I started musing on how he and I had often wielded this staff, and enjoyed the interaction of man and weapon. Then Peter opened his eyes and started to talk to me. He hadn't said a word for days, but started talking to me as if he hadn't missed a word I had spoken. We talked about karate, of tournaments long past. We talked about the strength of the wood it was a fine bo. I stayed for a long time, and before I left, he sat up and started eating again. The people in the next room were amazed and delighted at his transformation from near death back to life. Peter lived for another month. He lived long enough to learn that the Best Spirit Trophy was being named in his honor.

He never made it to the tournament, and neither did I. Or did we?

We welcome these new members and those who rejoined in 1998 (January April)

Name School

Alba, John D. Kenryukan	Lester, Troy, Renshi Kenryukan
Alba, Paul Kenryukan	Luan, Andy Kenryukan
Alba, Vinicio Kenryukan	Mehta, Ashish Kenryukan-India

Anderson, James Kenryukai	Mirrione, John A , Shihan Kenkokai
Bayer, Janet, Tashi Kenkokai	Mullen, Anne Kenkokai
Berenbach, Brian Tashi Kenryukan	Munez, Michael A Kenryukan
Boone, Darcell D Kenryukan	Ramirez, Armando Kenryukan
Boone, Tayari D. Kenryukan	Ramirez, Francisco Kenryukan
Borzio, Frank Dr. Kenryukan	Ramlochan, Deonan Kenryukan
Bryan, Edgardo Kenryukan	Rosario, Doreen Kenryukan
Chopra, Ritesh Kenryukan-India	Ross, Taryn Ashley Kenzenkai
Davis, Dwayne Kenryukan	Ross, Thomas J. III Kenzenkai
DeRavan, Eric III, Renshi Kenryukan	Patel, Rajesh Kenryukan-India
Dorn, Dennis, Sensei Kenryukan	Sawyer, Lisa, Sensei Kenryukan
Elder, Dana Kenkokai	Shah, Ritesh Kenryukan-India
Fellner, Donald Kenkokai	Shinn, Emma Kenkokai
Geduld, Amanda Kenkokai	Singh, Michael Kenryukan
Geduld, Nancy Kenkokai	Sookram, Andrew Kenryukan
Johnson, Martin Kenryukan	Soto, Gregory Kenkokai
K, Chenna Kenryukan-Indai	Speck, William Kenkokai
Kammerer, Ian Kenkokai	Tessel, Jack Kenryukan
Kunibar, Shubhangi Kenryukan-Indian	

Shinzen Bo Regulations

The bo (staff) should be at least as long as the competitor is tall, rounded up to

the nearest foot:

Height Recommended Bo length

4' 1"5' 5'

5'1"-6' 6'

> 6' 7'

- Someone 4'11" would use a 5 feet bo. A 6'5" competitor would use a 7' bo, etc.
- The bo should be 1 1/8 inch diameter and be made of either oak or pine. It should be non-tapered.
- Naturally, the wood selected should be influenced by price not weight.

We have given thought to supplying the weapon i.e. bo for the next Shinzen in case students do not have regulation weapons.

The Second Annual North American Championship Tournament Kyoshi Lubitsch

We had the opportunity to travel to Saint-Jerome, Quebec, Canada to participate in the Second Annual North American Championship Tournament, which was held on Sunday, May 17th. I especially like the word "championship" as the root word is "champion" and there were many of those present. In fact, all the participants were champions in one way or the other either as victors in shiai, kata, or weapons or simply for being there.

The participants in kata and weapons were excellent and the instructional level of the Sensei was quite evident. The shiai was hot and furious. The new guidelines regarding head contact certainly reduced the number of accidents to virtually zero. As I watched the various groups I had great difficulty in finding a division that did not show great skill, technical ability and spirit. Although, I enjoyed watching the heavy weight black belts do battle as Tashi Ghilain Dore, Sensei Patrick Panneton and Renshi Troy Lester once again locked horns in a great display of technical skill.

I must congratulate Shihan Michel Laurin and his very able group of instructors for a job well done. Special thanks must go to Renshi Gilles Labelles for organizing, directing, and running this event. I have no doubt that he spent

many a sleepless night in contemplation of this tournament. Gilles, get some rest. To Sensei Patrick Panneton and your demo team-congratulations, they did very well indeed. To Sensei Paul Bussiere thank you for your incredible hospitality and friendship. Additional thanks to Tashi Ghilain Dore and Shodan Alaine Courville for their superb efforts

After this rather successful event, we were invited to a most wonderful and delicious banquet.

Overall, the tournament and banquet were highly successful and we hope that the event will be even better next year. One last comment, I was deeply heartened to observe a similar comradery that we experience in the Shinzen and that made the event even more enjoyable.

First In House - March 7, 1998

Shiai

<p>black belt 1st place Salvatierra, Oscar 2nd place McGough, Peter 3rd place Capers, Vincent Jr.</p> <p>adult advanced 1st place Anderson, James 2nd place Hines, Stacey 3rd place Torcolese, Vito 4th place Fraticelli, Carlos</p> <p>adult b\g 1st place Shinn, Matthew 2nd place Roman, Christian 3rd place Janvier, Mario 4th place Imam, Mahmoud</p> <p>adult female advanced 1st place Santiago, Yesenia 2nd place Pollack, Ruth</p> <p>adult female intermediate 1st place Michel, Wilmina 2nd place Gonzalez, Stacie 3rd place Brown, Diana 4th place Bielski, Michele</p> <p>adult w/y 1st place Gibbs, Leonard 2nd place Soto, Greg</p>	<p>youth 6-7 w/y 1st place Soto, Samatha 2nd place Soto, Sammy 3rd place Diaz, Cindy 4th place Montilla, Carlos</p> <p>youth 7-8 w/y 1st place Mangru, Danny 2nd place Guerro, Christian 3rd place Reyes, Luis 4th place Verdina, Nicholas 5th place Rodriquez, Joshua 6th place Thitavasanta, Andrew</p> <p>youth 7-9 o/b 1st place Jonguedgar, Michael 2nd place Soto, Jonathan 3rd place Bullock, Justin 4th place Rodriguez, Jay 5th place Partyka, Philip 6th place Zangara, Chris</p> <p>youth 8-11 green 1st place Lajara, Rafael 2nd place Sandy, Nigel 3rd place Jimenez, Carlos 4th place Johnson, Derek 5th place Jimenez, Joshua</p> <p>youth 9-11 w/y</p>
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<p>3rd place Padilla, Edgar 4th place Williams, Dameion 5th place Dievjuste, Mela 6th place Gordon, Vanessa</p> <p>youth 10-12 o/b 1st place Villon, Alexis 2nd place Arvelo, Eddie 3rd place Favillo, Jonathan 4th place Torres, Matthew 5th place Rodriguez, Anthony</p> <p>youth 10-12 t o/b 1st place Kammerer, Ian 2nd place Bertolotti, Christine 3rd place Bertolotti, Laurie 4th place Mastropaolo, Christopher 5th place Osorio, Luis</p>	<p>1st place Veroina, Kevin 2nd place Daniels, Andrew 3rd place Ramos, Justin 4th place Diaz, Pedro 5th place Cano, Edwuard 6th place Antigua, Kevin</p> <p>youth advanced 1st place Diaz, Frankie 2nd place Layana, Rubin 3rd place Leiva, Anthony 4th place Rivera, Tiffany 5th place Mathew, Alyssa 6th place Jimenez, Jose</p> <p>youth m/u yellow 1st place Antigua, Marlon 2nd place Morales, Jesus 3rd place Diaz, Abismael</p>
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Kata

<p>black belt 1st place Salvatierra, Oscar 2nd place Capers, Vincent Jr. 3rd place Milana, Maurizio</p> <p>adult advanced 1st place Anderson, James 2nd place Montalvo, Elias 3rd place Santiago, Yesenia 4th place Hines, Stacey</p> <p>adult intermediate 1st place Roman, Christian</p> <p>adult w/y 1st place Gonzalez, Stacie 2nd place Michel, Wilmina 3rd place Soto, Greg 4th place Brooks, Earle</p> <p>2nd place Gordon, Vanessa 3rd place Bielski, Michele</p>	<p>youth 7-9 blue 1st place Pastor, George 2nd place Hernandez, Robert 3rd place Zangara, Chris 4th place Zangara, Jack 5th place Rodriguez, Jay</p> <p>youth 7-9 yellow 1st place Partyka, Philip 2nd place Soto, Jonathan 3rd place Bullock, Justin 4th place Ponce DeLeon, Raymond Jr 5th place Jonguedgar, Michael</p> <p>youth 8-12 green 1st place Canals, Geovanni 2nd place Lajara, Rafael 3rd place Sandy, Nigel 4th place Johnson, Derek 5th place Jimenez, Carlos 6th place Jimenez, Joshua</p>
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4th place Imam, Mahmoud

mini beginner

1st place Diaz, Cindy
2nd place Soto, Samatha
3rd place Verdina, Nicholas
4th place Rodriquez, Joshua
5th place Montilla, Carlos
6th place Soto, Sammy

mini yellow

1st place Diaz, Abismael
2nd place Guerro, Christian
3rd place Thitavasanta, Andrew
4th place Antigua, Marlon
5th place Morales, Jesus
6th place Reyes, Luis

youth 10-12 yellow

1st place Ramos, Justin
2nd place Diaz, Pedro
3rd place Cano, Edward
4th place Rodriguez, Luis A.
5th place Antigua, Kevin
6th place Daniels, Andrew

youth 10-14 yellow

1st place Arvelo, Eddie
2nd place Weiss, Rachel
3rd place Favillo, Jonathan
4th place Osorio, Luis
5th place Bertolotti, Laurie
6th place Shinn, Amy

youth 9-12 blue

1st place Mastropaolo, Christopher
2nd place Villon, Alexis
3rd place Torres, Matthew
4th place Rodriguez, Anthony
5th place Bertolotti, Christine

youth 9-12 white

1st place Johnson, Alison
2nd place Kammerer, Ian
3rd place Veroina, Kevin
4th place Elder, Dana
5th place Shinn, Emma
6th place Herman, Michael

youth advanced

1st place Leiva, Anthony
2nd place Layana, Rubin
3rd place Rivera, Tiffany
4th place Jimenez, Jose
5th place Diaz, Frankie
6th place Mathew, Alyssa

Weapons

black belt

1st place Salvatierra, Oscar
2nd place Milana, Maurizio

adult advanced

1st place Montalvo, Elias
2nd place Anderson, James

adult intermediate

1st place Mitchell, Wilimina
2nd place Dieujuste, Mela
3rd place PrePetit, Harvey

youth advanced

1st place Layana, Rubin
2nd place Rivera, Tiffany
3rd place Leiva, Anthony

	4th place Mathew, Alyssa 5th place Diaz, Frankie
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Article Submissions

The submission of articles, news-worthy events and letters is encouraged.
Address all correspondence to:

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